

Westside Community Center

Office Hours 9:00am-5:00pm

Check or Money order NO CASH

Public: \$25.00 per 20 visits

Seniors 55 & Older: \$15.00 per 20 visits

City & County Employees: Free

(505) 314 -0176

Class Descriptions

Fitness Center: A well maintained weight and cardio facility with a quiet and friendly atmosphere. The great environment provides for a pleasurable and productive workout. Come and enjoy the new and well taken care of equipment at your convenience. A fitness trainer is always here to help with any questions you may have concerning your fitness regime. Come in and see us.

Step Aerobics: A heart pumping cardiovascular workout using traditional step movements, & tae-bo movements giving a high impact 35-45 min cardio work out with a 5 min ab work out and relaxing cool down.

Dance Aerobics: A high impact dance workout incorporating hip hop, Latin rhythms, music and movement providing fun and effective cardio workout.

Drums Alive: Feel and experience the pulsating rhythms, dynamic movements of this new dance and rhythm program. Drumming on a stability ball creating powerful beats, not only working your body, but freeing your mind!

Yoga: Yoga is an ancient system of breathing practices, physical exercises and postures, and meditation intended to integrate the practitioner's body, mind, and spirit. Beginner or advanced levels.

Belly Dance: This free class helps participants achieve graceful, fun, and feminine movements. By studying belly dance students get a fully enjoyable dance lesson, and discover at the end they have also had a fully enjoyable workout. Will help you lose weight? That is up to your body type, it will help you gain strength and flexibility.

***Must fill out registration form prior to participating in any of the above programs.**

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